

### **10km Men**

|         |          |       |
|---------|----------|-------|
| Vincent | Buter    | 99.83 |
| Fred    | Buter    | 92.33 |
| Mike    | Clarke   | 87.67 |
| Sean    | Passmoor | 69.17 |

### **10km Ladies**

|         |      |       |
|---------|------|-------|
| Jeanine | Peck | 94.67 |
|---------|------|-------|

### **5km Men**

|       |         |       |
|-------|---------|-------|
| Eric  | Collins | 87.17 |
| Johan | Braasch | 72.83 |

### **5km Ladies**

|          |          |       |
|----------|----------|-------|
| Samantha | Kallis   | 99.33 |
| Zana     | Venter   | 97.17 |
| Ilse     | Langhout | 96.17 |
| Anrais   | Coetzer  | 89.33 |
| Andrea   | Swart    | 89.33 |
| Elize    | Braasch  | 58.83 |